Cliff View Notes

Cliffview Resort

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855. ZIPTOUR (855.947.8687)

Your Vacation Respite in the Heart of the Bluegrass State

Complimentary Copy - Please, Take One!

Vol 4 No. 5 ***News and Notes For Cliffview Owners, Employees, Friends and Visitors*** *July 2014*

View From the Cliff

Amy Sellin, Resort Director

Thank you to everyone who joined us for the opening of The Cliffview Retreat. We enjoyed getting to speak with each of you and having the opportunity to show off our new digs. This beautifully crafted, 11 bedroom lodge is a perfect location for reunions, weddings and, of course, retreats. If you weren't able to make it and would like to take a tour, just give us a call and we will show you around. Bring a couple friends for a game of pool or foosball.

There is also a theater room, verandas on three sides with spectacular vistas and two hot tubs. It truly is luxury at The Red River Gorge.

Discover the Animal Planet

This past month has been one of TV cameras, crews and great documentary television. How do we know? Cause the Resort and environs have been the subject of two, count 'em, two television specials. One of the shows was the *Pool Master* on the Animal Planet Channel and it featured Ian and Sandy Teal's newly constructed and environmentally designed pool. The pool has everything a pool should have going for it except pollution from chemicals and is totally, well, totally cool! The Teals own Red River Gorge Cabin Rentals right here in Cliffview Resort.

This program had an audience of well over a million viewers when it first aired and will subsequently air throughout the year on both the Discovery and Animal Planet channels. It will be aired again July 4th at 9 pm. and is expected to draw another 2.5 million viewers.

The other program, also on the Animal Planet, is an episode of the *Call of the Wildman* show. It was shot at one of the Teal's Luxury Yurts inside the Resort. This showed how the Wildman was able to safely and humanely remove unwelcome guests - wild beavers!

July Birthdays

Several Cliffview Family members will celebrate birthdays in July.

We are happy two more experienced guides returned for another season with the Zipline. They are Elissa Heim and Neil Flanigan. Elissa celebrates on the sixth and Neil does so on the tenth. Guest Services Specialist Kelsey Smith was born on the fourteenth and Zipline Course Manager Chris Unrath became little baby Chris on July 29. ***Happy Birthday!***

This Price is Right

Ryan Price is working as an intern with the Resort Director Amy Sellin to gain a greater knowledge of the Leisure Industry as it pertains to Lodging, Guest Accommodation, and Adventure Vacations such as the Zipline and Vacation Rentals.

Ryan brings with him an impressive set of credentials, education and practical experience.

He earned a degree from Western Kentucky University in Recreation Administration with a minor in Outdoor Leadership.

He also studied Communication at Middle Tennessee University and Film Production in Atlanta Georgia.

It was also in Georgia that Ryan began a rewarding career in golf; first as assistant golf pro and eventually the Director of Golf Operations for the Club at Olde Stone in Bowling Green, KY.

Ryan loves the outdoors, a love instilled from his early childhood by a loving Grandfather and his Mother.

His parents still reside in Western Kentucky.

Ryan and wife Julie live in Bowling Green with their two labs, Banks and Wrigley. Ryan and Julie both enjoy Ziplining, hiking, paddling white water and camping. They will celebrate their third wedding anniversary on July 9. We congratulate and welcome them.

Cliff View Notes

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Cliffview Resort,
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We gratefully acknowledge the information and assistance given us by the State of Kentucky Parks Department and the staff of the Natural Bridge State Park especially Brian Gasdorf, Park Naturalist. And thanks to the staff of the Natural Bridge State Park's newsletter, the *Natural Bridge Hiker*.

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HELPFUL WEBSITES & PHONE NUMBERS

State Facilities

Natural Bridge State Resort Park General Information
(606) 663-2214 or 1-800-325-1710 (reservations) 2135 Natural Bridge Rd. Slade, KY 40376 Trail map & descriptions, park laws and regulations, lodging, camping, group meeting facilities, group programs
"Natural Bridge State Resort Park is hiking, arches, exploring, scenery, reflection, and making memories."
www.parks.ky.gov/findparks/resortparks/nb
Kentucky State Nature Preserve Commission
www.naturepreserves.ky.gov
The Skylift (606) 663-2922
www.naturalbridgekyskylift-and-giftshop.com
Red River Gorge National Geological Area (606) 663-8100
www.fs.fed.us/r8/boone/districts/cumberland/redriver_gorge.shtml
Gladie Cultural-Environmental Learning Center (606) 663-8100
www.fs.fed.us/r8/boone/districts/cumberland/gladie.shtml
Red River Gorge Trail Crew (Volunteers) www.RRGTC.com
Leave No Trace – Outdoor Ethics www.lnt.org
Kentucky State Parks - Create your own Experience.
www.parks.ky.gov Become a KYSP fan at:
http://www.facebook.com/pages/Kentucky-State-Parks/152588316577

Private Facilities

Cliffview Resort Wendy & Jim Blasdell 606.668.6222 or 668-6534
www.cliffviewresort.com 455 Cliff View Road, Campton, KY 41031
The Lodge is available for groups, weddings and retreats.
Also available is the 8,000 sq foot Assembly Hall
Red River Gorge Zip Lines 855.ZIP.TOUR (855.947.8687)
www.redrivergorgezipline.com
Scenic Cabin Rentals 606.668.6487 www.sceniccabin.com
Paul Hamann 513.378.8716
Nancy Hamann 513.919.7150
Red River Gorge Cabin Rentals 606.668.3272
www.redrivergorgecabinrentals.com
Ian Teal 513.284.2332
Cliffview BBQ & Brews Restaurant 606.464.0608
Cliff Notes Jenny or Jerry Ison 865.674.6740
Email stories, ideas, suggestions, news to: jerry@jerryison.com

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Things To Do In The Red River Gorge Area

- Many opportunities for pond fishing, pay lake, river fishing, lake fishing. Some ponds do not require fishing license.
- Daniel Boone Coffee Shoppe & Deli. Gourmet coffees and groceries 606-663-2549 KY Rt 11 near Slade Exit 33 15 minute drive.
- Natural Bridge State Park, Lodge & Sky Lift: www.parks.ky.gov/resortparks/nb/index.htm
- Red River Gorge hiking, rock climbing: www.fs.fed.us/r8/boone/
- Cave Run Lake boat rentals, swimming beach: (606) 784-9666. 1 hour to Cave Run Lake.
- Horseback riding trails, horseback riding at Hatchers Creek Ranch-Beautiful 400 acre horse farm. Guided trail riding available 606-359-1317- www.hatcherscreek.com
- Lunch & Dinners Available onsite at Cliffview BBQ and Brews. Daily specials.
- Wild Things of Kentucky Reptile Zoo & Gem Mining KY Rt. 11 Slade 859-577-0277 15 minutes.
- Gift Shops: Daniel Boone Trading Post 606-663-2549; Boone Forest Gift Shop 606-663-4834; Ye Ole Country Peddler 606-663-2683. All on KY Rt 11, 15 minute drive.
- Kayaking and Canoeing: www.redriveradventure.net 606-663-1012
- Rock climbing, rappelling, kayak rentals,camping: Ash Cave Rappelling 606-369-0511 10 minutes.
- In-house Massage & Manicure available with orders of 2 or more massages. 859-595-6388
- Kentucky Tourism & Vacation Guide: http://kytourism.com/ www.tourseky.com
- Via Ferrata Rock Climbing Park: Great for beginners, must be 10 yrs old. 606-668-6441 torrentfalls.com 5 Minutes.
- Hiking Trail Guide and Descriptions. Great for beginners. www.redrivergorge.org.
- Drive In Theater Stanton, KY. Open April-September. 606-663-9988, 30 minute drive. .
- ATV Park - Clay City, KY Mountain Parkway Offroad Park 606-663-1028. Must be 16 to drive, 12 to ride. 35 min drive.
- Peddler's Mall Open Year Round. Stanton and Winchester. Gifts, Arts & Crafts, Antiques, Flea Market. 25 minutes. To Stanton is a 25 minute drive; Winchester is an hour's drive.
- Blue Grass Music - Meadow Green Park in Clay City - 25 mins. Open Weekends. Call 606-663-4787 for show times.
- Beech Fork Golf Club in Clay City - 606-663-9479 30 minutes.
- Sag Hollow Golf Course in Booneville 606-593-4653 40 minutes.
- Beattyville Public Golf Course. Off Rt. 52 in Beattyville, KY about 30 minute drive.

**** Drive times are from Cliffview Resort to the listed activity/attraction/event.

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Safe Hiking in Cliffview and State and Federal Forests of the Red River Gorge Geological Area

* **First and foremost, the Boy Scouts are right- *Be Prepared!***
* The Mountains are known for unpredictable weather. Check the weather forecast for the area.
* Plan your hike--know about the area and how to get there. Get detailed maps.
* Take enough food, clothing, and equipment to keep you comfortable for at least another day and night longer than planned in case of emergency.
* Notify others of where you will be, and when you plan to be home, in case someone needs to find you - or - you need to be found! When hiking in Cliffview, notify the office when, where, expected return time and your room or cabin. If we don't hear from you we can check.
* If you are a beginner, contact local outfitters or camping and hiking locations for a general check list of needed equipment. It's a very good idea to have a comprehensive Red Cross approved First Aid kit
* Take a cell phone with a fully charged battery. Make certain there is service in the area you will be then turn it off until you need to place a call. Download a GPS app and friends and family can track your progress and always know exactly where you are. In areas with no service, inexpensive walkie-talkies are a reasonable alternative .
* Always bring waterproof matches or a couple of Bic lighters.
* A loud whistle is another good idea. It can be used to attract attention and may be a good way to convince an unwelcome animal to leave the area.
* If hiking in an area bears are known to habituate, make some noise while hiking. Sing, clap your hands, talk, whatever. Bears don't like to be surprised and if they know you're approaching, they'll go the other way.
* Remember, you're a guest, be courteous and appreciative. ***If you carry it in, please carry it out!***
* Take only pictures; leave only footprints and leave those only on ***designated trails and areas.*** Remember, when you're enjoying any federal area, guidelines forbid the taking of even a pebble from national parks.
* Never, ever cut a live tree for firewood or any other reason.
* Be respectful of your state and national forests -- keep the trees and shrubs alive and growing.
* If hiking with Fido, always keep your dog on a leash no longer than 6 feet.

Cliffview Retreat

Now open, the newest member of the Cliffview family! Cliffview Retreat is an 11 bedroom luxury log home that will accommodate up to 50 people. Our luxury lodge will feature: 11 bedrooms each with flat screen televisions (10 bedrooms have king beds, 1 bedroom has 2 queen beds in bunk bed format), each room has a futon that converts to bed plus 2 pull out sofas in den areas that convert to beds, 11 bathrooms, 2 hot tubs. For enjoying the view, there are two expansive decks with gliders, reclining chairs and tables for sitting and eating
The giant stainless steel kitchen has two of every appliance; refrigerators (1 up and 1 downstairs), stoves, microwaves and dishwashers. Expansive granite kitchen counters. The dining room and eating area seats 26!
For indoor fun there is the game room with pool table and foosball table, multiple seating areas with flat screen televisions; for business or church presentations, there is the theatre room with seating for 13 or more.
The Retreat has central heat and air and a full size washer and dryer along with easy access and parking.
The Cliffview Retreat is the perfect setting for corporate retreats, church groups, family reunions and of course, weddings because that is what we designed and why there was so much attention to details and the meticulous incorporation of amenities that best serve those needs.
Now accepting reservations…call and make yours today! 888-869-1284 606-668-6222.

The G3 10K Challenge

Do you enjoy nature and cross-country runs? How about obstacle courses, marksmanship challenges? The G3 10K Challenge may be the most complete event that you will ever have the opportunity to participate in!
The G3 10K Challenge is a 6.2 mile trail run in eastern Kentucky's beautiful Red River Gorge. The G3 10K, will consist of 12 of the most challenging obstacles you can endure. After completing the run, the participants may choose to compete in a marksmanship challenge. This optional event will include: SOG axe throwing, pistol, and rifle shooting. No prior knowledge or experience is necessary to compete in the marksmanship portion of the G3 Challenge. Instructors will assist anyone who may need help or have questions.
After the challenges, participants will be invited back to the Cliffview Resort lodge for prizes, awards, food and beer! Date: Saturday, October 4th 2014 Place: Red River Gorge (Cliffview Resort) Cost: $120 person
Hosted by Decisive Action, Red River Gorge Zipline Tours, and Cliffview Resort. Call today for more information or to register, 606-668-6222.

The Rugged Red

Kentucky's Inaugural Trail Half-Marathon deep in the heart of the world-famous Red River Gorge! Saturday, September 6th, 2014. This will be a rugged, 13.1-mile trek through some of the Daniel Boone Forest's most awesome and grueling trails. This course is very challenging; racers should all have trail running experience before the day of race! For more information or to register please go to http://www.ruggedred.com/register.html. Contact us at Cliffview Resort for special race weekend deals and promos available at Cliffview Lodge and Red River Gorge Zipline, 606-668-6222.

Paddle Along

If you enjoy canoeing, kayaking or rafting, you've hit the mother lode by choosing the Bluegrass State.
Did you know that Kentucky has the most miles of navigable waterway in the lower forty-eight states?
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Cookin' with Jenny

Spicy Deep-Fried Catfish

This recipe creates a batter that develops a crust almost immediately upon being placed in hot oil. This prevents oil being absorbed so the fish come out less greasy and lighter. The coating actually cooks the fish with steam produced from its own moisture.

Ingredients:

1 - 1-1/2 Lb. Skinless Catfish Fillets, four pieces about 4 to 6 ounces each
1 Cup Unbleached All-Purpose Flour
½ Cup Masa Harina (Finely ground stale tortillas will substitute.)
¾ Cup Cornstarch
½ tsp. Cayenne Pepper
½ tsp. Paprika
2 tsp. Salt
¼ tsp. Ground Black Pepper
1¼ tsp. Baking Powder
1½ Cups Light Lager Beer or Club Soda
3 Qts. Oil for frying (we prefer peanut or canola oil, they don't impart a "greasy" taste)

Preparation:

* Cut your fillets into the desired size, set aside.
* Combine the all dry ingredients except baking powder and mix well.
* Take out one cup of this mixture and spread it on a large, rimmed baking sheet.
* Add the baking powder to the remaining mix and stir until well blended.
* Add three quarts of frying oil to your electric fryer or five-quart Dutch oven; heat to 375°F.
* Preheat the oven to 200°F and place a paper towel-lined cookie sheet inside to warm.
* Whisk 1¼ cups of beer (or club soda) into the flour mixture until the mixture is slightly lumpy, then slowly add the remaining liquid until the batter falls from a spoon in a thin stream.
* Dredge the fish pieces in the dry flour mixture. Shake off the excess and place the pieces on a wire rack set inside another rimmed baking sheet.
* Using a pair of tongs dip one piece of floured fish into the batter, lift it, and let the excess batter drip off. Return it to the flour mixture and turn, until well coated, for the second time. Repeat with each of the remaining pieces, placing each finished piece in a single layer on the wire rack.
* When the oil has reached 375°F, place two pieces of the battered fish into the oil. Gently move the pieces about with a fork to prevent sticking. When the fish turns golden brown and floats on the surface, five or six minutes, it's done. Transfer to the baking sheet in the oven. When the oil returns to temperature, fry the remaining two pieces.
* Serve with steak fries and Cole slaw. If you are in an "English mood" dribble malt vinegar on the fries, the American style is tartar sauce on the fish and ketchup on the fries.
* Serves four.

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